

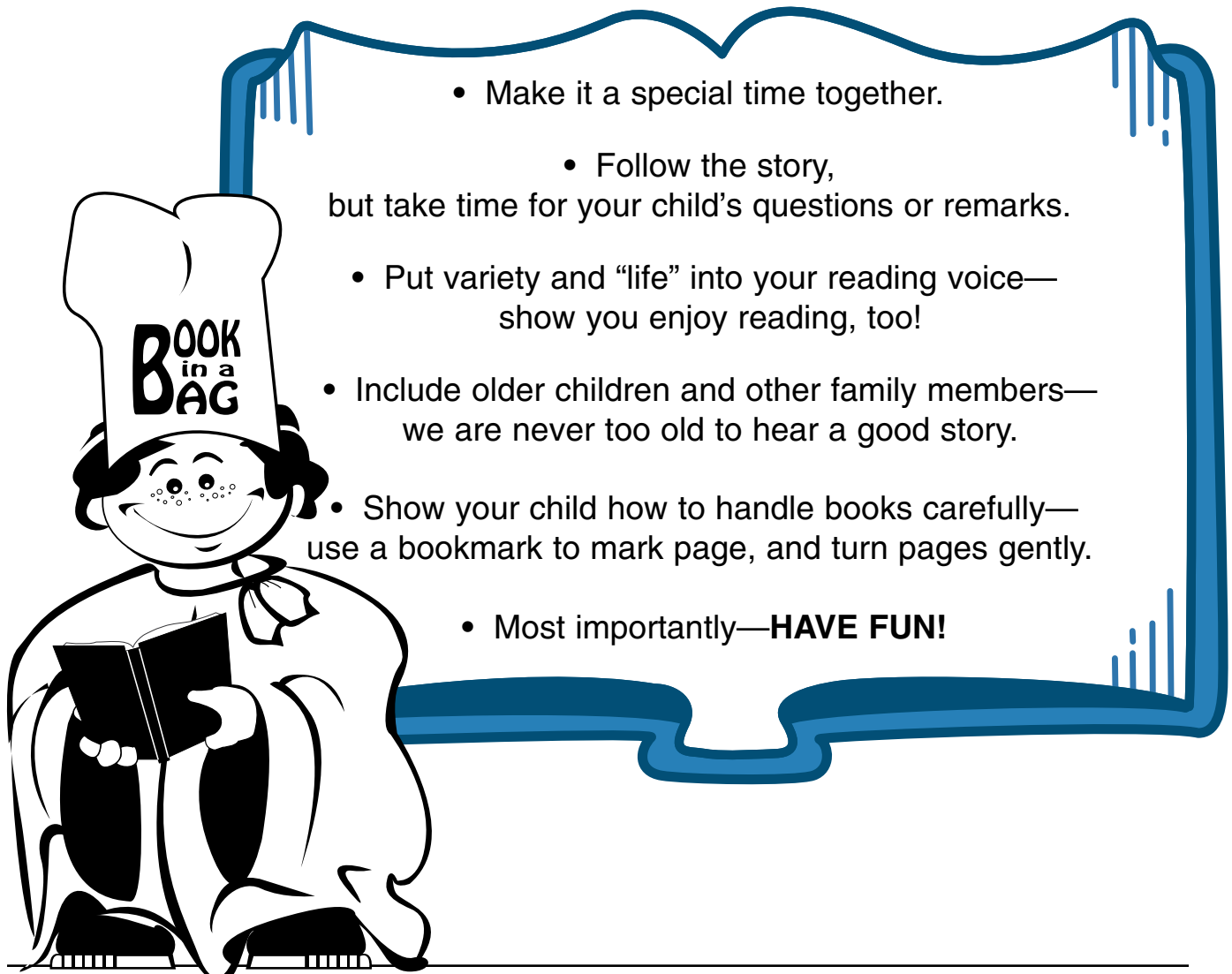
Parent's Page

A Look at Our Book

Today your child enjoyed the book, *Healthy Eating with MyPyramid: The Fruit Group* by Mari C. Schuh. In this book, children learn about eating a variety of healthy fruits. The fruit group is part of MyPyramid, which teaches you about foods and amounts that are right for you. Eating a variety of fruit every day provides your body with vitamin C, vitamin A and fiber plus other healthy nutrients.

Ask your child about the healthy fruit snack they prepared that goes along with this book.

Make time to read together with your child. Remember these tips when sharing a story.



- Make it a special time together.
- Follow the story, but take time for your child's questions or remarks.
- Put variety and "life" into your reading voice—show you enjoy reading, too!
- Include older children and other family members—we are never too old to hear a good story.
- Show your child how to handle books carefully—use a bookmark to mark page, and turn pages gently.
- Most importantly—**HAVE FUN!**



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Vitamin C Crush

Makes 8 — ½ cup servings

- 1 package (10-ounce) frozen strawberries
- 1 banana
- 1 can (8-ounce) crushed pineapple
- 4 cups crushed ice

1. In a blender, place strawberries, banana and pineapple and blend until smooth.
2. Add crushed ice, blend and serve immediately, or refrigerate until later.

Nutrition Facts: One serving provides 60 calories, 0mg total fat, 0mg cholesterol, 0mg sodium, 15g total carbohydrate, 30% Vitamin C

Recipe provided by Berny Unruh, Barton County



Fruit Snack Ideas

- Top a cup of fat-free yogurt with sliced fresh fruit.
- Keep dried fruit for a fast, on-the-go treat.
- Wash and dry grapes and place on a cookie sheet. Freeze until firm, remove grapes and store in plastic container to serve as a healthy snack. **(Caution: whole grapes are a choking hazard for young children.)**

Crunchy Bananas

Makes 8 servings

- 4 to 5 large bananas
- 1 cup orange juice
- 1 cup flaked corn cereal, crushed or wheat germ

1. Cut bananas into 1-inch chunks.
2. Pour orange juice into a shallow bowl and dip bananas in juice.
3. Roll bananas in crushed cereal and serve.

Nutrition Facts: One serving provide 80 calories, 0g total fat, 0mg cholesterol, 25mg sodium, 20g total carbohydrate



Read All About It!

Here are some additional books you might enjoy sharing with your child!

- *The Seasons of Arnold's Apple Tree* by Mary Ann Hoberman
- *The Story of Johnny Appleseed* by Alike
- *Oliver's Fruit Salad* by Vivian French
- *Orange Juice* by Betsey Chesson and Pamela Chanko

Check for these titles at the public library!